

7 SIMPLE ECO-FRIENDLY SWAPS TO LIVE HAPPIER & HEALTHIER

QUICK GUIDE TO MAKING EVERYDAY EARTH DAY



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THE YOGI MAMI

This Eco-Friendly Guide is my Gift to You!

MY MAIN PURPOSE IN LIFE IS TO LEAVE
THE WORLD A BETTER PLACE FOR
FUTURE GENERATIONS.

THIS GUIDE WAS CREATED TO HELP YOU
LEARN 7 SIMPLE SWAPS THAT WILL HELP
YOU LIVE HAPPIER AND HEALTHIER AND
HAVE AN ECO-FRIENDLY IMPACT.



Why Eco-Friendly Living?

AS CITIZENS OF THIS WORLD WE HAVE A
MORAL OBLIGATION TO MAKE GOOD
CHOICES FOR THE HEALTH OF THE
ENVIRONMENT.

THE CHOICES WE MAKE HAVE A BIG
IMPACT AND THE PRODUCTS WE
CHOOSE CAN BE CAUSING MORE HARM
THAN WE REALIZE, BOTH TO OUR
HEALTH AND THE ENVIRONMENT!

THIS GUIDE WILL SHARE WITH YOU
WHICH TOXINS YOU SHOULD AVOID
THAT WILL HAVE THE BIGGEST BENEFIT
TO YOUR OVERALL PHYSICAL AND
EMOTIONAL WELLNESS AND HAVE AN
ECO-FRIENDLY IMPACT TOO!

Beware of Greenwashing!

I HAVE TO SHARE A PET PEEVE OF MINE
WHEN IT COMES TO HEALTHY LIVING!

GREENWASHING!

MANY COMPANIES USE SLY MARKETING
TACTICS TO TRICK YOU INTO THINKING
THEY ARE ECO-FRIENDLY AND
WELLNESS CONSCIOUS.

WHEN IN REALITY THEY AREN'T!

I WON'T GET INTO BASHING BRANDS
NAMES IN THIS GUIDE, BUT IF YOU SEE
MARKETING BUZZ WORDS LIKE "NO
FORMALDEHYDE, NO PHTHALATES, OR
ALL NATURAL, BUT YOU SEE FRAGRANCE
IN THE INGREDIENTS! RUN!!!!

I'VE BEEN DUPED AND IT'S NOT COOL.
COMPANIES KNOW YOU ARE LOOKING
TO BUY CLEANER, AND THEY TAKE
ADVANTAGE OF THAT.

I WILL SHARE WHAT I HAVE LEARNED
AND WHAT I LOVE FROM MY KNOWLEDGE
AND PERSONAL EXPERIENCE.

Top Toxins to Avoid

Toxins to Avoid

FRAGRANCE



Health & Environmental Impact

Health Effects:

- Endocrine Disruption
- *Cancer Causing*
- *Respiratory Issues*
- *Skin Problems*
- *So much more.....*

Environmental Effects:

Fragrance emits toxic and hazardous compounds into the environment. Even those labeled as Natural or Organic! These have a tremendous negative effect on wildlife, plant life and the air we breathe!

Common Sources:

Anything listed with fragrance! Shampoo, Conditioner, Perfume, body lotion, body sprays, scented candles, plug-ins, household cleaners, personal care products, etc.

<https://www.ewg.org/enviroblog/2014/08/expert-panel-confirms-fragrance-ingredient-can-cause-cancer>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3018511/>

Toxins to Avoid

PETROCHEMICALS



Health & Environmental Impact

Health Effects:

- Infertility
- *Endometriosis*
- *Breast & Testicular Cancer*

Environmental Effects:

Major environmental problems - Die offs, Reproductive and developmental anomalies, Malformations

Common Sources:

Dish Soap, Laundry Soap, Dryer Sheets, Personal Care Products, Household Cleaners, Antibacterial products. Paraffin Wax, Benzene, Polyethylene glycol; Butanol or any word with butyl; Mineral Oil, Any word with propyl, Parfum or fragrance. Parabens, Triclosan, phthalates and phenols

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1253722/>

https://cfpub.epa.gov/si/si_public_record_report.cfm?Lab=NHEERL&dirEntryId=59910

Toxins to Avoid

ALUMINUM



Health & Environmental Impact

Health Effects:

- Alzheimer's Disease
- *Breast Cancer*
- *Embryo toxic effects*

Environmental Effects:

Aluminum is toxic to gill-breathing animals and invertebrates and has an affect on both aquatic and terrestrial ecosystems

Common Sources:

Deodorant, Toothpaste, Mouthwash, Cosmetics, Sunscreen, Antacids.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5651828/>

<https://www.ncbi.nlm.nih.gov/pubmed/24202562>

Toxins to Avoid

FLUORIDE



Health & Environmental Impact

Health Effects:

- Thyroid dysfunction
- *Diabetes*
- *Insomnia*
- *ADHD*
- *So much more.....*

Environmental Effects:

Adversely impacts wildlife. Documented effects include health problems in farm animals and injury and die off of bees

Common Sources:

Dental products, community water fluoridation and other consumer items. Most commercial toothpaste, dental floss and mouthwash.

<https://iaomt.org/resources/fluoride-facts/fluoride-exposure-human-health-risks/>

<https://iaomt.org/resources/fluoride-facts/fluoride-pollution-environment/>

Eco-Friendly Swap Alternatives

01 | SCENTED PLUGINS & CANDLES



Eco-Friendly Swap: Young Living Essential Oils & Diffuser

Ditch the toxic fragrance and petrochemicals and replace with high-quality, life giving essential oils that offer emotional and physical benefits.

<https://yogimami.com/how-to-create-a-chemical-free-home/>

02 | TOXIC HOUSEHOLD CLEANERS



Eco-Friendly Swap: Young Living Thieves Household Cleaner

This is the BEST eco-friendly cleaner on the market. It can be used for anything from all-purpose cleaner to mirrors, to carpets and floors. And it's budget friendly at only \$0.19 cents a bottle!

<https://yogimami.com/how-to-create-a-chemical-free-home/>

03 | ORAL HEALTH PRODUCTS



Eco-Friendly Swap: Young Living Thieves Oral Care Products

Thieves is great for immune boosting and oral health care. Swap out your toothpaste, floss and mouthwash and ditch fluoride, aluminum and other petrochemicals.

<https://yogimami.com/how-to-create-a-chemical-free-home/>

04 | ANTI-BACTERIAL PRODUCTS



Eco-Friendly Swap: Young Living Thieves Hands Soap & Purifier

Thieves is great for immune boosting . Swap out your commercial hand soap and toxic sanitizer with a better alternative using the Thieves line!

<https://yogimami.com/how-to-create-a-chemical-free-home/>

05 | DEODORANT



Eco-Friendly Swap: Young Living Deodorant

Thieves is great for immune boosting and oral health care. Swap out your toothpaste, floss and mouthwash and ditch fluoride, aluminum and other petrochemicals.

<https://yogimami.com/how-to-create-a-chemical-free-home/>

06 | DRYER SHEETS



Eco-Friendly Swap: Organic Wool Dryer Balls

Dryer sheets are loaded with fragrance, petrochemicals and endocrine disruptors. Simply replace with Organic wool dryer balls and your favorite essential oils.

*Learn how to get a free set at the end of this book!

<https://yogimami.com/how-to-create-a-chemical-free-home/>

07 | SUNSCREEN



Eco-Friendly Swap: Young Living Sunscreen in SPF 10 & 50

Many commercial sunscreens contain toxins like aluminum and endocrine disruptors. Young Living has a great organic mineral non-nano sunscreen in two SPF's.

<https://yogimami.com/how-to-create-a-chemical-free-home/>

Live Eco-Friendly on a Budget

LIVING ECO-FRIENDLY DOESN'T HAVE TO
BREAK THE BANK!

HERE ARE MY FAVORITE BUDGET
FRIENDLY OPTIONS:

THIEVES CLEANER KIT: \$160

*ORDER AND GET A FREE SET OF
ORGANIC WOOL DRYER BALLS

[CLICK HERE FOR DETAILS](#)

ESSENTIAL OILS & DIFFUSER KIT: \$165

[CLICK HERE FOR DETAILS](#)

ESSENTIAL REWARDS:

\$50 PER MONTH MINIMUM

GET 10-25% BACK ON ORDERS

OPTION FOR FREE SHIPPING

BONUS GIFT:

1:1 WELLNESS COACHING FOR 3 MONTHS

\$10 CREDIT FOR 3 MONTHS

[HTTPS://YOGIMAMI.COM/HOW-TO-
CREATE-A-CHEMICAL-FREE-HOME/](https://yogimami.com/how-to-create-a-chemical-free-home/)

Say "YES" to Eco-Friendly Living

CHOOSE ANY PREMIUM STARTER KIT
AND YOU GET:

- WELLNESS SUPPORT
- ONLINE WELLNESS COMMUNITY
- RESOURCES TO GET STARTED
- MEMBERSHIP DISCOUNT OF 24% OFF

BEST BUDGET OPTION:
JOIN ESSENTIAL REWARDS: FOR
CUSTOM MONTHLY WELLNESS PACKAGE
AND FREEBIES

BONUS GIFT AT SIGN UP:
1:1 WELLNESS COACHING FOR 3 MONTHS
\$10 CREDIT FOR 3 MONTHS

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